Total meal system - 5 day home delivered meals

Menu cycle 2 2024

May-August

	Serving Size	Salisbury Steak	Serving Size	Tuna Salad	Serving Size	Cheeseburger Mac Bowl	Serving Size	Chicken Teriyaki	Serving Size	Penne Bolognese
	8 oz	Low Fat Milk	8 oz	Low Fat Milk	8 oz	Low Fat Milk	8 oz	Low Fat Milk	8 oz	Low Fat Chocolate Milk
	1 ea	Pineapple Cup	1 ea	Raisins			1 ea	Papaya & Mango Cup	1 ea	Orange Cup
	3/4 cup	Herbed Green Pea	3/4 cup	Marinated Carrots & Peppers	3/4 cup	Yellow Squash	3/4 cup	Steamed Carrots	3/4 cup	Marinara with Mushrooms
Week 1	2 oz	Whole Grain Dinner Roll	1 cup	Pasta Salad	1 cup	Whole Grain Macaroni	1 cup	Brown Rice	1 cup	Whole Grain Penne
WCCKI										
	2.1 oz	Salisbury Steak Patty	3 oz	Tuna Salad	2 oz	Ground Beef	2 oz	Chicken Breast	3 oz	Beef Bolognese
	1 oz	Gravy			3 oz	Cheese Sauce	1 oz	Teriyaki Sauce		
	1 ea	Butter Cup								

	Serving Size	Spaghetti & Meatballs	Serving Size	Open Faced Egg Salad Sandwich	Serving Size	Black Beans & Yellow Rice	Serving Size	Turkey Chili	Serving Size	Mojo Citrus Chicken
	8 oz	Low Fat Milk	8 oz	Low Fat Chocolate Milk	8 oz	Low Fat Milk	8 oz	Low Fat Milk	8 oz	Low Fat Milk
	1 ea	Applesauce	1 ea	Papaya & Mango Cup	1 ea	Raisins	1 ea	Applesauce	1 ea	Raisins
	3/4 cup	Steamed Carrots	1/2 cup	Peach Cobbler	3/4 cup	Peppers & Onions	3/4 cup	Cauliflower	3/4 cup	Citrus Infused Green Pea
Week 2	1 cup	Whole Grain Spaghetti	1 oz	Granola	1 cup	Yellow Rice	1 cup	Steamed Barley	1 cup	Brown Rice Pilaf
TVCCK 2			1 oz	Wheat Bread						
	2 oz	Beef Meatballs	3 oz	Egg Salad	1/2 cup	Black Bean Stew	3 oz	Turkey Chili	3oz	Mojo Infused Chicken
	3 oz	Marinara								

	Serving Size	Red Beans & Dirty Rice	Serving Size	Turkey & Swiss Sandwich	Serving Size	Roast Pork & Teriyaki Soba	Serving Size	Chicken & Broccoli	Serving Size	<u>Lentil Sloppy Joe</u>
	8 oz	Low Fat Chocolate Milk	8 oz	Low Fat Milk	8 oz	Low Fat Milk	8 oz	Low Fat Milk	8 oz	Low Fat Milk
	1 ea	Orange Cup	1 ea	Pineapple Cup	1 ea	Papaya & Mango Cup	1 ea	Raisins	1 ea	Applesauce
	3/4 cup	Steamed Spinach	3/4 cup	Coleslaw	3/4 cup	Snow Pea & Bell Pepper	3/4 cup	Broccoli	3/4 cup	Mustard Chow Chow
Week 3	1 cup	Dirty Rice	2 oz	Wheat Bread	1 cup	Teriyaki Soba Noodles	1 oz	Whole Grain Dinner Roll	2 oz	Whole Grain Bun
WCCK 5							1/2 cup	Brown Rice Pilaf		
	1/2 cup	Red Bean Stew	2 oz	Sliced Turkey Breast	2 oz	Roast Pork Loin	2 oz	Chicken Breast	3/4 cup	Lentils in Tomato sauce
			1 ea	Swiss						
			1 ea	Mustard Packet						
			1 ea	Mayonnaise Packet						

	Serving Size	<u>Chicken Pot Pie</u>	Serving Size	Mexican Pasta Salad	Serving Size	Chicken Parmesan	Serving Size	Turkey Shepherd's Pie	Serving Size	Chicken Fajita Bowl
	8 oz	Low Fat Milk	8 oz	Low Fat Chocolate Milk	8 oz	Low Fat Milk	8 oz	Low Fat Chocolate Milk	8 oz	Low Fat Milk
	1 ea	Pear Cup	1 ea	Papaya & Mango Cup	1 ea	Orange Cup			1 ea	Pineapple Cup
	3/4 cup	Green Bean Medley	3/4 cup	Chopped Peppers & Corn	3/4 cup	Marinara	3/4 cup	Mixed Vegetables with Corn	3/4 cup	Pinto Bean Stew
Week 4	2 oz	Whole Grain Biscuit	1 cup	Cilantro Whole Grain Pasta Salad	1 cup	Whole Grain Spaghetti	1 cup	Mashed Potatoes	1 cup	White Rice with Peppers
Treek 4										
	3 oz	Chicken Breast in Gravy	1/2 cup	Marinated Black Beans	3 oz	Chicken Patty	3 oz	Turkey in gravy	2 oz	Chicken Breast
					0.5 oz	Mozzarella				
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	Chef2Home Frozen 5-Day Menu - Q3Q4 2024											
	Meal 1	Meal 2	Meal 3	Meal 4	Meal 5	Service Dates						
WEEK 1	Chicken Parmesan 3.15 oz. Breaded Chicken 2.5 oz.Marinara Sauce 0.5 oz. Mozzarella Cheese 3/4 cup Broccoli 1/2 cup Whole Grain Rotini 1/2 cup Cinnamon Apple Crisp (1 Fruit, 1 oz. Grain) 8 oz. 1% Milk	4.23 oz. Apple Juice Ham Steak with Pineapple Glaze 3 oz. Ham Steak 1/4 cup Pineapple Topping 1 cup Peas 3/4 cup Brown Rice Pilaf 1 slice Whole Grain Bread 1 Butter Spread 8 oz. 1% Milk	4 oz. Tropical Fruit Punch Turkey Noodle Stew 3 oz. Diced Turkey 2 oz. Whole Grain Noodles 1 oz. Mixed Vegetables 3 oz. Gravy 1 cup Broccoli 2 slices Whole Grain Bread 2 Butter Spreads 8 oz. 1% Milk	4 oz. Applesauce Chicken with Country Pepper Gravy 3.15 oz. Breaded Chicken Patty 1.5 oz. Gravy 1/2 cup Carrots 1/2 cup Mashed Potatoes 2 slices Whole Grain Bread 1 Butter Spread 8 oz. 1% Milk	4 oz. Applesauce Penne Pasta & Meatballs with Marinara Sauce 3 oz. Meatballs 3 oz. Marinara Sauce 1/2 cup Whole Grain Penne 1/2 cup Cauliflower 1/4 cup Brussels Sprouts 1 slice Whole Grain Bread 1 Butter Spread 8 oz. 1% Milk	July 1st - July 7th July 29th - Augut 4th August 26th - September 1st September 23rd - Sept 29th October 21st - Oct 27th November 18th - Nov 24th December 16th - Dec 22nd						
WEEK 2	4.23 oz. Apple Juice BBQ Seasoned Pork 3 oz. Pork Riblet 1 oz. Barbecue Sauce 1/2 cup Green Beans 1/2 cup Sweet Potatoes 2 slices Whole Grain Bread 2 Butter Spreads 8 oz. 1% Milk	4 oz. Grape Juice Thai Ginger Curry Chicken 3 oz. Diced Chicken 2.5 oz. Curry Sauce 1/4 cup Fajita Vegetables 1/2 cup Broccoli 3/4 cup Brown Rice Pilaf 1 slice Whole Grain Bread 1 Butter Spread 8 oz. 1% Milk	Salisbury Steak 3 oz. Beef Salisbury Steak Patty 2 oz. Mushroom Gravy 1/2 cup Classic Mashed Potatoes 1/2 cup Carrots 1/2 cup Warm Cinnamon Apples 2 slices Whole Grain Bread 2 Butter Spreads 8 oz. 1% Milk	4 oz. Applesauce Shrimp Scampi 3 oz. Shrimp 3 oz. Scampi Sauce 1/2 cup Whole Grain Penne 1 cup Succotash (Corn, Lima Beans, Peas, and Peppers) 1 slice Whole Grain Bread 1 Butter Spread 8 oz. 1% Milk	4 oz. Peach Cup Beef & Bean Chili 5 oz. Chili 1 oz. Kidney Beans 1 cup Rice & Beans 3/4 cup Broccoli 2 slices Whole Grain Bread 1 Butter Spread 8 oz. 1% Milk	July 8th - July 14th August 5th - August 11th September 2nd - Sept 8th September 30th - Oct 6th October 28th - Nov 3rd November 25th - Dec 1st December 23rd - Dec 29th						
WEEK 3	4 oz. Applesauce Italian Meatloaf 2.6 oz. Meatloaf 2 oz. Tomato Sauce 1/2 cup Carrots 1/2 cup Mashed Potatoes 2 slices Whole Grain Bread 1 Butter Spread 8 oz. 1% Milk	4 oz. Grape Juice Turkey Divan 3 oz. Diced Turkey 3/4 cup Broccoli 2 oz. Cheese Sauce 3/4 cup Brown Rice Pilaf 1 slice Whole Grain Bread 1 Butter Spread 8 oz. 1% Milk	French Onion-Breaded Pork Chop 3.35 oz. Breaded Pork Chop 2 oz. Gravy 1/2 cup Mashed Potatoes 1/2 cup Peas 1/2 cup Cinnamon Apple Crisp (1 fruit, 1 oz. Grain) 1 slice Whole Grain Bread 1 Butter Spread 8 oz. 1% Milk	4 oz. Applesauce Southwest Chicken Cheddar Penne 1/2 cup Whole Grain Penne 2 oz. Diced Chicken 2 tbsp. Black Beans & Corn 2 oz. Cheese Sauce 1/2 cup Stewed Tomatoes 1/2 cup Broccoli 1 slice Whole Grain Bread 1 Butter Spread 8 oz. 1% Milk	4 oz. Tropical Fruit Juice Italian Cheese Lasagna 4.3 oz. Lasagna Roll (2 oz. Protein, 1 oz. Grain) 3 oz. Tomato Sauce 1 cup Italian Vegetable Blend (Italian Vegetables, Chickpeas, 1 tsp. Kale Pesto) 2 slices Whole Grain Bread 1 Butter Spread 8 oz. 1% Milk	July 15th - July 21st August 12th - August 18th September 9th - Sept 15th October 7th - October 13th November 4th - Nov 10th December 2nd - Dec 8th December 30th - Jan 5th						
WEEK 4	Sweet & Sour Chicken 3 oz. Chicken 2 oz. Sweet and Sour Sauce 1/2 cup Cut Broccoli 1/2 cup Mixed Vegetables 3/4 cup Brown Rice Pilaf 1/2 cup Pineapple Chunks 1 slice Whole Grain Bread 1 Butter Spread 8 oz. 1% Milk	4.23 oz. Apple Juice Beef Goulash 3 oz. Beef 1/2 cup Whole Grain Macaroni 2 oz. Tomato Sauce 1/2 cup Carrots 1/2 cup Peas 1 slice Whole Grain Bread 1 Butter Spread 8 oz. 1% Milk	Moroccan Chicken & Lentils 2 oz. Chicken 3 oz. Moroccan Sauce 1/4 cup Lentils 1/4 cup Peppers 1/4 cup Mixed Vegetables 3/4 cup Brown Rice Pilaf 1/2 cup Warm Apples w/ Raisins 1 slice Whole Grain Bread 1 Butter Spread 8 oz. 1% Milk	4.23 oz. Apple Juice Cheese Pizza (4.55 oz) (2 oz. Protein, 2 oz.Grain) 1 cup Italian Bean Medley (Wax Beans, Chickpeas, Tomatoes, 1 tsp. Kale Pesto) 8 oz. 1% Milk	Swiss Steak 3 oz. Beef Patty 2.5 oz. Swiss Steak Sauce 1/2 cup Mashed Potatoes 1/2 cup Normandy Blend 1/2 cup Cinnamon Apples 2 Slices Whole Grain Bread 1 Butter Spread 8 oz. 1% Milk	July 22nd - July 28th August 19th - August 25th September 16th - Sept 22nd October 14th - Oct 20th November 11th - Nov 17th December 9th - Dec 15th						
me	nu meets meal pattern requirements for one n	neal per day (2 oz edible portion protein, 3/4 c	pared using approved products and recipes, this up vegetable and 1/2 cup fruit OR 1 1/2 cups ged over one week; includes whole grain foods).		MENU PREPARED BY: DATE: MENU SERVICE DATES: DIETITIAN SIGNATURE:	Metz Culinary Management 05/15/2024 (PM/KS) July - Dec 2024 Kuny Alsan RO						